

## Walk/Run Club testimonials

There is a solid core of people in this “club” that have become my friends. They’ve trained with me, encouraged me, cheered me on, and picked me up when life was a little too up close and personal. If someone is on the fence about joining, there is no time like the present to face your fear of being too slow or unwelcome. I have yet to meet a more kind, accommodating group of individuals. I don’t know how Lynn does it, it must be like herding cats for her, but she has never left anyone out in the cold. And when Lynn is giving special attention to someone who needs a little extra TLC, someone always steps up to make sure our fastest runner and slowest walker always has a partner.

It sounds cliché, but Run club changed my life. My co-worker kept telling me to come, but I had extreme reservations about it. Thoughts like “I’m not good at running” and “I’m not a runner” pervaded my reality. I decided one cold and wet day in February 2016 to finally give it a try. Only the die-hards were there so I ended up running with Lynn. She kept encouraging me and even though I had less than a positive attitude about the whole thing. She kept me distracted and somehow I ran the furthest I had run in years. Lynn made me believe what was possible, but I still had my doubts. I came back and was paired with another seasoned runner. He took me on an interval run and pushed me to my limits. I couldn’t talk a lot because I was going to my max, but I was listening to every word he said. “Running is mental, you have to constantly feed yourself positive thoughts” or “Focus on a point in the distance and make it there at your faster pace,” or “unclench your fists, you’re wasting energy.” That day, I did a 5K, another personal best. At the end of the run, the group gathers together and gives each other high fives for their hard work. Now I live for those high fives. Lynn told me “You’ll run a half marathon one day” and I thought this lady was on the crazy train. Then I thought of all the positive thinking that I learned and started to change my attitude. I started visualizing myself running as fast as the fastest runners, or as long as another Run club friend, or as passionate as another. I started signing up for 5Ks, then a few 4 milers, all with the support of the group’s speed demons behind (but mostly in front) of me. In August, I completed my first quarter marathon and ran negative splits. I was so proud of myself and couldn’t wait to share my success with the group. Many people in the group are part of the Facebook private Walk/Run club group and post their runs. We cheer each other on, encourage each other and pick each other up when we’re not having the best day. In October 2016, I registered for my first half marathon, and I look back on how far I’ve come and think about how far I will go with the support of Run Club. I trust these people, I depend on them; they are my running family. They inspire me with their passion, determination, drive and motivation to succeed. They push me to be better. Like I said, Run Club changed my life.

Run club has been great for making friends, fun outings and adventures.

I started with it because my wife said I need to be “socialized.” Definitely go that part down. It’s just been a great place to feed off the energy and ideas of others as well as getting to share some of my running/fitness experiences.

It’s helped create a healthier lifestyle for me. I get to hang around with other people that think running 13.1 miles is fun.

Run club is a great way to stay accountable to your goals because you see people from run club every day at work who support and encourage you.